



# COVID-19 Information

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## IIMMR Bangalore

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# TABLE OF CONTENTS

1. COVID 19 Transmission _____	3
2. Protection and Prevention _____	4
3. Quarantine - Isolation _____	6
4. Testing and Treatment _____	8
5. Keep Informed _____	10

**Disclaimer:** The information provided in this document has been compiled from various resources available in public domain. We credit the Ministry of Health and Family Welfare, Government of India, Government of Karnataka, and the World Health Organization (WHO).

# 1. COVID 19 TRANSMISSION

## a. How is COVID-19 transmitted?

Current evidence suggests that COVID-19 spreads between people through direct, indirect (through contaminated objects or surfaces), or close contact with infected people via mouth and nose secretions. These include saliva, respiratory secretions, or secretion droplets. These are released from the mouth or nose when an infected person coughs, sneezes, or speaks. People who are in close contact (within 1 metre) with an infected person can catch COVID-19 when those infectious droplets get into their mouth, nose, or eyes.

## b. What are the symptoms?

- The most common symptoms of COVID-19 are fever, cough, and tiredness. Other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. These symptoms are usually mild and begin gradually.
- Some people become infected but do not develop any symptoms and do not feel unwell. Most people recover from the disease without needing special treatment.
- Older people and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop illness with symptoms.
- People with fever, cough and difficulty breathing should seek medical attention.

## c. When can infected people transmit the virus?

- People can catch COVID-19 from others who have the virus. Infection can spread from person to person through small droplets from nose or mouth. The droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching their Eyes, Nose or Mouth.
- People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets.

## d. How long does it take after exposure to covid-19 to develop symptoms?

The time between exposure to COVID-19 and the moment when symptoms start is commonly around five to six days but can range from 1 – 14 days.

## 2. PROTECTION AND PREVENTION

Stay aware of the latest information on the COVID-19 outbreak, available on the national, state, and local public health authority.

### How can I protect myself from COVID-19?

Practicing hand hygiene and respiratory hygiene is important at ALL times and is the best way to protect others and yourself. When possible, maintain at least a 1-meter distance between yourself and others. This is especially important if you are standing by someone who is coughing or sneezing.

**You can reduce your chances of being infected or spreading COVID-19 by following some simple precautions, like:**

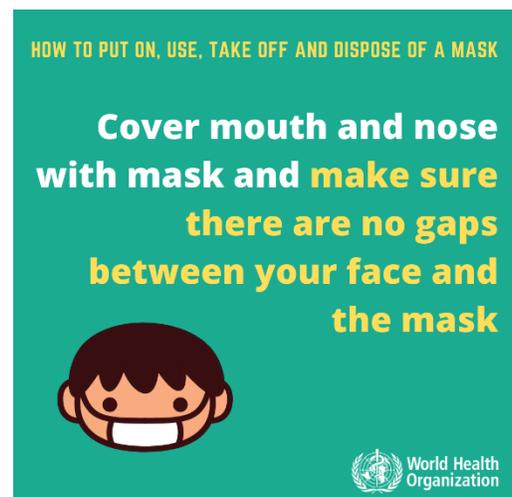
**Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.**

**Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.



### Wear a mask

**Why?** Droplets spread virus. By following good respiratory hygiene and wearing a mask, you protect yourself and the people around you from viruses such as cold, flu and COVID-19



### **Maintain at least 1-meter (3 feet) distance between yourself and others**

**Why?** When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.

### **Avoid going to crowded places**

**Why?** Where people come together in crowds, you are more likely to come into close contact with someone who has COVID-19 and it is more difficult to maintain physical distance of 1 metre (3 feet).

### **Avoid touching eyes, nose, and mouth**

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose, or mouth. From there, the virus can enter your body and infect you.

**Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands**

**Why?** Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

**Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others**

**Why?** Avoiding contact with others will protect them from possible COVID-19 and other viruses.

**If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority**

**Why?** National and local health authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

**Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities**

**Why?** Local and national health authorities are best placed to advise on what people in your area should be doing to protect themselves.

## 3. QUARANTINE - ISOLATION

### Quarantine

#### What is quarantine?

Quarantine means restricting movement or separating people who are not ill themselves but may have been exposed to COVID-19. The goal is to prevent spread of the disease at the time when people just develop symptoms. The separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

#### What happens if you are quarantined?

During quarantine, you will be isolated from people around you, means to separate yourself from others because you have been exposed to someone with COVID-19 even though you, yourself, do not have symptoms. During quarantine you monitor yourself for symptoms. The goal of the quarantine is to prevent transmission. Since people who become ill with COVID-19 can infect people immediately, quarantine can prevent some infections from happening.

#### What is an institutional quarantine?

Institutional quarantine means a person is enforced at a facility under the supervision of the local health authorities for a specific period.

#### What is a Home quarantine?

The home quarantine is segregating the person in a separate room at home for a specific period. If the person needs to communicate with the other members of the household, he is required to stay one to two meters from them and wear a facemask, following the medical instructions.

#### If, I developed COVID-19 like symptoms, Whom I should contact?

If have developed COVID-19 like symptoms, consult your doctor over phone or call National Helpline No. 1075 (toll free) / 011-23978046 or Karnataka State Helpline No. Apathamitra Helpline: **14410** Emergency Medical Support: **104 / 97456-97456**.

## Isolation

### What is isolation?

The separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected, to prevent spread of the communicable disease.

### What does it mean to self-isolation?

Isolation means separating people who are ill with symptoms of COVID-19 and may be infectious to prevent the spread of the disease. Self-isolation is an important measure taken by those who have COVID-19 symptoms to avoid infecting others in the community, including family members. Self-isolation is when a person who is experiencing fever, cough or other COVID-19 symptoms stays at home and **does not go to work, school, or public places**. This can be voluntarily or based on his/her health care provider's recommendation.

### What is Physical distancing?

Physical distancing means being physically apart. WHO recommends keeping at least 1-meter distance from others. This is a general measure that everyone should take even if they are well with no known exposure to COVID-19.



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Government of India




## NOVEL CORONAVIRUS (COVID-19)

### When to Practise Home Quarantine?

**IF YOU ARE ASYMPTOMATIC but have ONE OF THE FOLLOWING?**

<ul style="list-style-type: none"> <li>Travel history to COVID-19 affected countries in last 14 days</li> </ul>	<ul style="list-style-type: none"> <li>Physical exposure to COVID-19 case or body fluids or secretions or soiled items</li> </ul>	<ul style="list-style-type: none"> <li>Living in the same household with a COVID-19 suspect who turned positive</li> </ul>
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### Do Follow Home Quarantine for 14 days!



**STAY** in a well-ventilated single-room



**FOLLOW** respiratory and hand hygiene



**MAINTAIN** at least 1 m distance from co-inhabitants and stay away from elderly people, pregnant women and children



**WEAR** face mask, If you develop symptoms or you are caring for a suspect/confirmed COVID-19 case



**AVOID** sharing household items



**STRICTLY AVOID** visitors at home

Know the **Do's** and **Don'ts** of Home Quarantine for yourself and your family at [www.mohfw.gov.in](http://www.mohfw.gov.in)

**Together we can fight COVID-19!**

**For further information:**  
Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7 helpline numbers

**If you feel unwell (Cough, fever or difficulty in breathing) during home quarantine, immediately call the helpline numbers.**

**1075 (Toll Free) | 011-23978046**  
Email to: [ncov2019@gov.in](mailto:ncov2019@gov.in) , [ncov2019@gmail.com](mailto:ncov2019@gmail.com)



[mohfw.gov.in](http://mohfw.gov.in)



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[mohfwindia](https://www.youtube.com/mohfwindia)

You may cut this out and paste in your office/public place/home

## 4. TESTING AND TREATMENT

### a. What are the tests available for COVID-19?

- Molecular testing, or RT-PCR testing, detects genetic material of the virus and so can detect if a person is currently infected with the COVID-19 virus (SARS-CoV-2).
- Serological testing (Rapid test) detects antibodies against the virus, and so can detect if a person had a recent (IgM) or past (IgG) infection with the COVID-19 virus. Serologic tests cannot be used to diagnose acute infection with the COVID-19 virus.

### b. How much it will cost for the test?

In government testing facilities it is free of cost. But in private laboratories (identified by Government), the patient needs to pay nominal prices decided by the Government.

### c. Can I go to a private facility for testing?

Yes, you can go to a private facility for COVID-19 test. Government has identified a pool of private laboratories to conduct COVID-19 testing. Details are available in <https://covid19.karnataka.gov.in>

### d. How much time it will take to know my COVID-19 status?

Usually the test results will be given in 24-48 hours.

### e. Where can I avail treatment if I test positive for COVID-19?

There are designated COVID-19 treatment hospitals are available in Government and Private sector. To know list of designated COVID-19 hospitals, visit <https://covid19.karnataka.gov.in>

### f. COVID-19 testing –when and how?

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Government of India

Help us to help you

## NOVEL CORONAVIRUS (COVID-19)

### COVID-19 testing - when and how?

**All individuals need not be tested, because**  
Disease is primarily reported in Individuals with travel history to the affected countries or close contacts of positive cases

#### WHOM TO TEST

**ALL symptomatic people who**

- Have history of international travel in last 14 days
- Had come in contact of confirmed cases
- Are healthcare workers
- Are hospitalized patients with Severe Acute Respiratory Illness (SARI) or Influenza Like Illness (ILI) or severe pneumonia.

**Asymptomatic direct and high-risk contacts of confirmed cases should be tested once between day 5 and day 14 of coming in his/her contact. Direct and high-risk contact include:**

- Those living in same household with a confirmed case
- Healthcare workers who examined a confirmed case without adequate protection as per WHO recommendations

List of labs (Govt. & Private) can be accessed at: [icmr.nic.in](http://icmr.nic.in)

**For further information:**  
Call the State helpline numbers or Ministry of Health and Family Welfare, Government of India's 24x7 helpline numbers

**1075 (Toll Free) | 011-23978046**  
Email to: [ncov2019@gov.in](mailto:ncov2019@gov.in), [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

### g. What to do if I develop symptoms

**Stay home:** The important thing is to stay at home, wear a mask and isolate yourself

**Consult a doctor:** If you notice symptom:

- Talk to a doctor, preferably through tele-consultation.
- Use the Arogya Setu self-assessment App.
- Based on this preliminary assessment, the decision on whether or not to get tested should be made

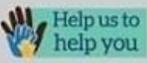
**Keep a pulse oximeter handy:**

- If the SpO2 level is below 90%, the patient's condition is considered severe and they need urgent treatment.
- If the level is above 95%, the patient is considered mostly asymptomatic



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**NOVEL CORONAVIRUS DISEASE  
(COVID-19)**



Help us to  
help you

## Let's follow these COVID Appropriate Behaviours



6 Feet  
2 Gaj









**Maintain  
distance of  
6 feet from  
others**

**Greet  
without  
physical  
contact**

**Wear  
home-made  
reusable  
face-cover/mask**

**Avoid  
crowded  
places**

**Do not  
spit in  
public**

**Badalkar Apna Vyavahar, Karein Corona Par Vaar**

**1075 (Toll Free) | 011-23978046**  
Email to: [ncov2019@gov.in](mailto:ncov2019@gov.in) , [ncov2019@gmail.com](mailto:ncov2019@gmail.com)

## 5. KEEP INFORMED

**For further information, please contact**

1. National Helpline Number: **1075 (Toll free) / 011-23978046**
2. Karnataka State Helpline Numbers:  
**Apthamitra Helpline: 14410**  
**Emergency Medical Support: 104 / 97456-97456**
3. Visit Website: <https://covid19.karnataka.gov.in/>

**MOBILE COVID TESTING ACCROSS BENGALURU**  
**Early detection is the best precaution!**

Shri B S Yediyurappa  
Hon'ble Chief Minister

MOBILE COVID-19 TESTING VAN

Citizens in BBMP limits who are co-morbid/senior citizens/  
symptomatic primary contacts can request for door step testing  
during lockdown using following helplines

**Zone-wise Helpline numbers**

- Yelahanka - 080 28560696/8792032820/5180
- Mahadevapura - 080 23010101/102
- Bommanahalli - 8548883334/8970002228
- R R Nagar - 080 2600208
- South - 7022724772
- East - 9900094042
- West - 080 68248454/7204179723

For more information call 24/7 toll free Apthamitra helpline **14410**